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We claim:

1. A food composition comprising:
at least two components comprising
at least one baked component; and
5 at least one heat-processed component comprising a cartilage
supplement selected from the group consisting of GLCN, NAG, and combinations
thereof,
wherein the heat-processed component contains at least about 70% of
cartilage supplement present in the heat-processed component prior to heat
10 processing.
2. The food composition of claim 1, wherein the heat-processed component is
selected from the group consisting of coatings, glazes, cake filling, pie filling,
agglomerating material, frosting, and mixtures thereof.
- 15 3. The food composition of claim 1, wherein the heat-processed component is
at a temperature of at least about 160°F.
4. The food composition of claim 1, wherein the heat-processed component is
20 at a temperature of at least about 170°F.
5. The food composition of claim 1, wherein the heat-processed component is
at a temperature of at least about 180°F.
- 25 6. The food composition of claim 1, wherein the heat-processed component
contains at least about 80% of cartilage supplement present in the heat-processed
component prior to heating.
7. The food composition of claim 1, wherein the heat-processed component
30 contains at least about 90% of cartilage supplement in the heat-processed component
prior to heating.

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8. A food composition comprising two components comprising:
a baked portion; and
a non-baked portion comprising a cartilage supplement selected from the
group consisting of GLCN, NAG, and combinations thereof, wherein the non-baked
5 portion is combined with the baked portion.
9. The food composition of claim 8, wherein the cartilage supplement is in a
coating or glaze.
- 10 10. The food composition of claim 8, wherein the cartilage supplement is in a
cereal coating.
11. The food composition of claim 8, wherein the cartilage supplement is in a
cake filling.
- 15 12. The food composition of claim 8, wherein the cartilage supplement is in a pie
filling.
13. The food composition of claim 8, wherein the cartilage supplement is in an
20 agglomerating material.
14. The food composition of claim 8, wherein the cartilage supplement is in a
frosting.
- 25 15. A method of making a food composition comprising:
providing at least one baked component;
providing a second component comprising a cartilage supplement selected
from the group consisting of GLCN, NAG, and combinations thereof,
heat processing the second component to for a heat-processed component,
30 wherein the heat-processed component contains at least 70% of the cartilage
supplement present in the second component prior to heat processing; and

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combining the at least one baked component and the at least one heat-processed component.

16. A method of making a ready-to-eat cereal comprising:

- 5 baking a first component of the cereal; and
 coating the first component of the cereal with a composition comprising a cartilage supplement selected from the group consisting of GLCN, NAG or combinations thereof after baking the first component of the cereal.

10 17. The method of claim 16, wherein the coating is accomplished by spraying the cereal with the cartilage supplement.

18. The method of claim 16, wherein coating is accomplished by enrobing the cereal with the cartilage supplement.

15 19. The method of claim 16, wherein the composition comprising the cartilage supplement further comprises a sweetener.

20 20. A method of determining available GLCN and/or NAG in a food product comprising:
 contacting the food product with a strong acid; and
 separating the GLCN and/or NAG from the insoluble portion of the food product.